



Our Common Table



Haitian-Style Blue Catfish with Tomatoes and Fish Peppers





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Ingredients

- Six 6-ounce blue catfish fillets
- 2 limes
- 3 tablespoons chopped flat-leaf parsley, plus more for garnish
- Salt
- 4 tablespoons butter
- 4 tablespoons olive oil
- 1 small onion, finely chopped
- 1 tablespoon minced garlic
- 1 small red bell pepper, finely chopped
- 2 small fish peppers, finely chopped
- 3 or 4 ripe tomatoes, cored, seeded, and chopped
- 1/3 cup freshly squeezed orange juice
- Freshly ground black pepper
- Lime wedges
- Cooked white rice, for serving

Directions

1. Rinse the fillets with cold water mixed with the juice of 1 lime. Pat dry and place the fillets on a plate. Squeeze the juice of the second lime over the fillets and sprinkle with chopped parsley and lightly salt. Set aside.
2. In a saute pan large enough to hold all the fillets, melt the butter and add the olive oil. Saute the onion, garlic, red bell pepper, and fish pepper chile over medium heat until vegetables begin to soften, about 3 to 5 minutes. Add the tomatoes and orange juice and season with salt and pepper to taste. Bring the sauce to a boil, and add the fish fillets and about 1/2 cup of water. Lower the heat to medium and continue simmering (basting frequently) for about 10 minutes, or until the fish begins to flake.
3. Carefully remove the fillets with a slotted spatula and place each fillet on a warmed dinner plate. Spoon the sauce from the pan over each serving and garnish fish with chopped parsley and lime wedge.